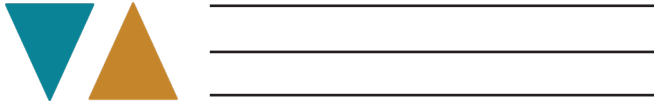


Check it Out!



Not sure if you should believe a health-related message?
Not sure if you should share a link?

No checklist will tell you if a message is true or false, but you can look for signs of trustworthy or questionable health information messages.

Check the Source.

Trustworthy Signs

- ✔ Government or university health websites
- ✔ Nonprofit health organizations
- ✔ Authored by true experts, such as people with medical credentials related to the health information

Questionable Signs

- ✘ Connected to biased political or special interest groups
- ✘ Funding source is unclear, crowd-sourced, or paid advertisements

Check the Message.

Trustworthy Signs

- ✔ Objective, verifiable facts
- ✔ References check out. They link to scientific sources and the facts match

Questionable Signs

- ✘ Emotional, fear-based language
- ✘ Opinions, propaganda, false stereotypes
- ✘ Attempts to discredit true experts

Check with Others.

Trustworthy Signs

- ✔ Trusted sources agree:
 - Government health websites
 - Knowledgeable healthcare providers
 - Fact checking websites*

Questionable Signs

- ✘ Same information is shared on known disinformation websites
- ✘ Trusted sources disagree:
 - Government health websites
 - Knowledgeable healthcare providers
 - Fact checking websites*

* Examples of fact-checking websites include Snopes.com, FactCheck.org, SciCheck, PolitiFact.com, and CheckYourFact.